



## **Warrior Survival: At Home and on the Streets**

### **"TAKING OUT THE GARBAGE"**

#### **RESILIENCY TRAINING (Includes "Partners in Crime")**

**Instructor:** Susan Lewis Simons, M.S., B.C.E.T.S., D.A.A.E.T.S.

**8 hours**

**Course Size: Unlimited**

Law enforcement can be one of the most challenging yet rewarding professions in our society. However, the challenges are growing daily. The men and women who are "called" to this vital profession are exposed to all the traumas our society has to offer and then expected to go home, merely shed the "garbage" at the end of the shift and peacefully co habitat and communicate with their spouses/significant others/families. In order to become successful and survive as "warriors", they are forced to develop a persona that allows them to deal with daily insults, without taking them personally and can lead to low morale and complacency. They shut down emotionally and distance themselves from their families in order to protect them from the things they see on a daily basis and the "garbage" they are exposed to. This can lead to isolation and all too often suicide

**Justification for this Course:** The American Institute of Stress states that:

1. 75-90% (187 million visits annually) of all visits to primary care physicians are for stress related symptoms
2. Job stress costs to the United States Industry in excess of \$300 Billion Dollars annually in:
  - absenteeism
  - diminished productivity
  - employee turnover

- direct medical costs
- legal and insurance fees
- worker's comp claims
- workplace violence

**COURSE OBJECTIVE:** To adopt a proactive approach to stress management through education, training, identification and discussion of common and unique stressors in the ever changing field of Law Enforcement and the ways in which the individual, the family, the organization and the public are affected. In doing so, there should be a reduction in the harmful side effects which include but are not limited to attrition, unnecessary sick leave, low morale, substance abuse, liability, divorce, suicide and other physical and financial manifestations which are debilitating to the individual, the family and the organization.

**COURSE OUTLINE:**

**I. INTRO**

**II. DEFINING STRESS (UNIQUE TO LAW ENFOR), STRESSORS AND STRESS REACTION**

- A. Types of Stress – The “Good” the “Bad” and the “Ugly”
- B. Hypo vs Hyper
- C. Cumulative Stress Reactions vs Critical Incident Reactions

**III. STATISTICS – WE’RE NUMBER 1!!**

- A. Divorce
- B. Suicide
- C. Other

**IV. STRESS AND THE FAMILY**

- A. The Lifestyle and its Impact on the Relationships
- B. Training the Spouse
- C. The Secret of Healthy Communication

**V. SIGNS AND SYMPTOMS OF STRESS**

- A. The Psychological Garbage Can
- B. Cognitive, Emotional, Physical, Behavioral
  - a. Chronic
  - b. Acute
- C. Acute Stress Disorder – Daily “Garbage”
- D. Post Traumatic Stress Disorder – “Toxic Waste and Hazardous Materials”
- E. Adrenaline – The Toxin We Love!

**VI. TAKING OUT THE GARBAGE – CRITICAL INCIDENT STRESS MANAGEMENT: Agency’s Responsibility!**

**VII. COMMON SENSE APPROACH TO STRESS MANAGEMENT:** Individual's Responsibility!

- A. Homeopathic vs Prescriptions
- B. Exercise and Nutrition
- C. Sleep

**VIII. Q & A**

**DESIRED LEARNING OUTCOMES:** Whether you are Federal, State, or local law enforcement, STRESS KILLS! Armor your mind against this killer. This course provides critical information to combat the deadly stress that destroys marriages, careers and lives. Learn how to take control of this killer and live a healthier life by "TAKING OUT THE GARBAGE".

**\*\* "Partners in Crime" are Spouses/Significant Others**

